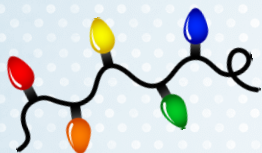


Bees Landing

WINTER NEWSLETTER

DECEMBER 1ST, 2015 -
FEBRUARY 29TH, 2016

Bees Landing Recreation Center
1580 Ashley Gardens Blvd, Charleston, SC 29414
(843) 402-4571



BLRC Holiday Closures:

- December 24th, 25th, & 28th (Christmas)
- January 1st (New Years Day)
- January 18th (MLK Day)
- February 15th (Presidents' Day)

Parents Night Out!

Drop the kids off with us for a much needed night off! Ages 5-12 are welcome to join in a night of fun activities from 5:00-9:00 PM. Pizza dinner will be provided. The cost is \$15 for the first child then \$5 every additional child.

No PNO in December

Jan 15th

Feb 19th



Bees Landing staff at the 2014 Tree Lighting.



Upcoming Christmas Events:

Christmas Tree Lighting

Where: Bees Landing Rec

When: December 11th

Time: 6:30-8:30 PM

Come join us for some music, arts & crafts, hot chocolate, s'mores, and family fun as we kick off the holiday season! There will even be a surprise guest straight from the North Pole!

Christmas Family Movie

Where: Bees Landing Rec

When: December 18th

Time: 6:30 PM

As the big day gets closer, come join us for a Christmas movie on the big screen! Festive libations will be on sale. Bring blankets, pillows, and mats but please no chairs.

Adult Fitness Classes & Events

Ages 18 & Up

All classes are \$5/class unless otherwise noted.

Payments accepted: Visa/Mastercard, check, and cash up to \$5.

Class schedule subject to change.

Zumba Gold

Zumba Gold is designed to take exciting Latin and international dance rhythms and bring them to the active older adult or the beginner participant! This a dance-fitness class taught by Prisca Denton that feels friendly and fun! Come check this class out on Monday's, Wednesday's, & Friday's from 9:30-10:30 AM.

Zumba Toning

Learn how to use lightweight, maraca-like toning sticks to enhance rhythm and tone all the right target zones. Zumba Toning is an intense and fun workout that takes place on Tuesday's from 6:30-7:30 PM.

Zumba Fitness

Adult Zumba is a fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system. This class is available on Monday and Wednesday evenings from 6:30-7:30 and on Saturday mornings from 9:00-10:00am.

Zumba Fitness Combo

This high energy, fun, and dynamic class will focus on interval training sessions where fast and slow rhythms, plus resistance training are combined to tone and sculpt your body while burning fat. Come out Thursday evenings from 6:30-7:30 to enjoy this class!

Pilates

Come join instructor Angela Shary-Dalbert on Tuesday evenings from 6:30-7:30pm for abdominal exercises focusing on alignment, breathing, coordination and balance! Pilates improves flexibility, builds strength, and develops control and endurance in the whole body.



Kripalu Yoga

Kripalu Yoga, a form of Hatha Yoga, has yoga concepts of inner focus, meditation, standard yoga poses, 'breath work,' 'development of a quiet mind,' and relaxation. Kripalu emphasizes "following the flow" of *prana*, a life-force energy. Come out on Saturday's from 10:00-11:15 AM or Wednesday's from 6:30-7:30 PM.



Chili Cook-Off Contest

Bring your best homemade chili for a fun day of sampling and a chance to win prizes! The contest will be on Saturday, January 23rd from 10am-12pm. The cost to enter is a delicious pot of chili!



Youth Classes & Programs

Please pre-register for all classes and events online or in person.

Art with the Masters

An intermediate art class that will focus on exploring the famous artists of our past and applying their ideas into the children's own creative pieces. Each week, the children will look into certain styles and techniques of the artists and then re-create similar artwork using drawing or painting! Ages 7 and up. The cost is \$32/four (4) week session. This class will start in January on Thursdays from 6:30-7:30pm.



Little Hands, Big Art

Join Ms. Jessica as she guides your 3-5 year olds to create mini master-pieces! It's a fun introduction to art that covers all the basic skills. Students will experience different mediums, while engaging in stimulating art activities in a safe environment. The cost for this program is \$32/four (4) week session. Little Hands, Big Art classes will be starting back up in January on Wednesday's from 9:30-10:30am.

***These two art classes are also offered during our Adult Zumba Gold class. Your option to be active while your child is too!*

Upcoming Events:

Daddy/Daughter Date Night

Where: Bees Landing Rec

When: January 30th

Time: 6:30-8:00 PM

Enjoy an evening with the other special lady/ladies in your life...you daughter, niece, or granddaughter.

Join us for a night of dancing, contests, crafts, pictures, snacks, & more. Cost of the event is \$15/pair and \$5 per additional child.

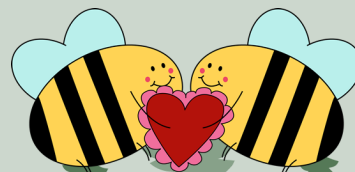
Be My Valentine Carnival

Where: Bees Landing Rec

When: February 13th

Time: 4:00-7:00 PM

Bring your family out for a fun-filled Valentine themed carnival with games and dancing! Cost of the event is \$5/person.



Zen Kids Yoga

Don't start meditating yet! Zen Kids returns to BLRC in January! Each Monday from 6:15-7:15pm, Ms. Jackie and Ms. Michele will lead a co-ed kids yoga class for ages 4-12. Zen Kids classes will be a combination of yoga, relaxing meditation, art projects, cooperative games, & more. Mind, body, & spirit unite though play!

Cost for this program is \$40/4 classes.



Gym Membership Information

City Residents **\$15/year**

Non-City Residents **\$30/year**

Daily/Guest Fee **\$5/day**

(1 Year Membership starts from date of purchase)

- Guests must be 18 years of age or older. MUST HAVE ID.
- Parents must fill out the registration/waiver form for children under the age of 18.
- Children 5 & Under are FREE!
- Gym membership is for open basketball & volleyball and use of treadmills, stationary bikes, & elliptical.
- Membership DOES NOT include classes. Membership is not required to participate in classes.

Gym & Fitness Equipment Rules

You are responsible for your own property!

- Children 11 & under must be with an adult 18 years of age or older
- Shirts & shoes must be worn at all times!
- NO CURSING/PROFANITY!!!
- No dunking
- Please help us keep our facility clean of trash!
- Return BLRC Balls to Cart
- Please use basketballs in Gym ONLY
- 15+ Players must play half court
- Please wear non-scuffing shoes



For a copy of the most recent Open Gym hours you can check online at:

Charleston-sc.gov/recreation

Or by calling the rec center at:

(843) 402-4571

Open Gym Hours

Monday 8:30 AM-3:00 PM

Tuesday 8:30 AM-9:00 PM

Wednesday 8:30 AM-3:00 PM

Thursday 8:30 AM-9:00 PM/Volleyball 7:45-9:00 PM

Friday 8:30 AM-6:00 PM

Saturday 8:30 AM-4:00 PM

Sunday CLOSED!

(SUBJECT TO CHANGE)

